

What's on

October 2023



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transportation options.

If you are unsure, or have questions about any of the groups listed below, or have an idea for a new group, please contact:

Ellie Donnelly (Dementia Advisor) Telephone: 07500762041 Email: edonnelly@alzscot.org

Angela Macleod (Dementia Advisor) Telephone: 07584607581 Email: amacleod@alzscot.org

In Person Group		
Monday 2nd October	Carers Group Café Stornoway Golf Club – Treetops Café (Private Event) Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities.	2pm
Thursday 5th and 19th October 2023	Dementia Advisor Drop In Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP If you are a person living with dementia, or supporting someone living with dementia, Drop in for a chat and a cuppa, for one-to-one information, advice, and support.	10.30am – 12.30pm
Wednesday 11th October 2023	Bragar Drop In Café (See below for details) Community Room, Bragar Community Hub If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome however booking essential for the activity, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or by Email: edonnelly@alzscot.org for info.	1.30pm
Online Groups		
Every Tuesday	Online Worship with Rev. Roddy John Online via Microsoft Teams All welcome, please contact Catriona MacRitchie, Locality Leader for more Information or the teams link by email cmacritchie@alzscot.org .	10.15am – 10.30am

Tuesday 10th October 2023	Digital Men's Peer Support Group Online via Microsoft Teams Are you a male carer supporting a family member living with dementia? Join us for our men only peer support group. Please contact Ellie Donnelly, Dementia Advisor on 07500762041 or by Email: edonnelly@alzscot.org if you would be interested in joining this group and for more information.	1.30pm
Wednesday 18th October 2023	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact Catriona MacRitchie, Locality Leader on 0782456135 or by email cmacritchie@alzscot.org for the teams links.	3pm – 3.30pm
Other Partner Organisation Events Across the Western Isles		
Thursday 26th October 2023	Digital Musical Memories Harris At Talla Na Mara café, Pairc Niseaboist Join us online for a singalong in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07500762041 or by Email: info@wiccf.co.uk for the Zoom link and/or more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by Email: edonnelly@alzscot.org for the zoom link and more information.	2pm – 3.30pm
Every 3rd Monday of the Month	Seann Eolaich Bowling Club, Stornoway Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com	2pm – 4pm

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP

Telephone: 01851 70 2123

Email: Lewis@alzscot.org

Catriona MacRitchie

Locality Leader

Tel: 07824 561305

Email: cmacritchie@alzscot.org

Ellie Donnelly

Dementia Advisor

Tel: 07500762041

Email: edonnelly@alzscot.org

You can also find out more information at our website on www.alzscot.org or contact our free 24/7 Dementia helpline (see image below for details)



Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/>